

Tips for the Reset

Reset is a way to remind folks to return to a desired place: whether it's to get back on topic in a discussion or to help folks recognize they need to check their reactivity or how they are behaving. Resetting is a skill. We have to learn when we need to reset and how to reset.

Some Signs We Need to Reset

- Pressured or rapid speech
- Heart rate increases-check your pulse!
- Irritability
- Breathing becomes shallow and rapid
- Tension in neck and shoulders
- Increased sweating
- Dilated pupils
- Body sensations felt-very individualized (face flushed, butterflies in stomach, headache, etc.)
- Goosebumps
- Negative thoughts
- Changes in thinking

Self Care

It's harder to reset when we are tired, hungry or sick. We can make life changes that will make resetting easier:

- Mindfulness
- Good diet
- Enough sleep
- Exercise
- Yoga (some positions can be triggering!)

*Turn over page for more tips

- Positive Self-Talk
- Taking breaks and vacation
- Connecting with others

Quick Ways to Reset

In the milieu we need some quick ways to reset. Check your pulse-get an average when relaxed. Higher than normal? Do the following; it can help you get through a shift:

- Develop a quiet room for relaxation at your site.
- Have adult coloring books available.
- Tap out-let someone else take over for you for a while or you take over for them.
- Mindfulness
- Humming (reduces Blood Pressure)
- Changing posture-stand like Superman or Wonder Woman-Hands on hips, standing tall!
- Breathe out longer than you breathe in-this resets the Vagus Nerve which dampens our stress response. There are whole websites devoted to the benefits of breathing to reduce stress!
- Use cold-go outside, open a freezer door and let cold air blast your face, hold an ice cube.
- Move-Large muscle movement helps-exercise, walk, dance, run.
- Music
- Chewing also activates the Vagus Nerve-have sugarless gum available.
- Sensory tools are not just for youth! Use gliders, rockers, stress balls, aromatherapy, white noise machines, weighted blankets.
- Download Apps for stress reduction.

*Modeling a reset is one of the best ways to help the youth we work with understand and adopt the reset as a skill.